

**Pioneer Columbus
Senior Center
2100 SE 5th St
Des Moines, IA 50315
515-288-3734**



April 2024



**Program Aide: Anna Calisesi
Lunch Served Daily 11:00-12:00
Lunch reservation need to be made
by noon the day before by calling:
515-288-3734**

Monday		Tuesday		Wednesday		Thursday		Friday	
1		2		3		4		5	
Exercises 10:15-10:45		Fresh Conversations 10:15-10:45		Crafts 10:15-11:00		Chair Yoga 10:00-10:45		Bingo 10:00-10:45	
8		9		10		11		12	
Exercises 10:15-10:45		Chair Yoga 10:00 -10:45		Fruit Bingo 10:00-11:00		DM Arts Center with Seniors 10:00-11:00		Bingo 10:00-10:45	
15		16		17		18		19	
Exercises 10:15-10:45		Site Meeting 10:00-11:00		Blood Pressure 11:00- 12:00		Chair Yoga 10:00-10:45		Bingo 10:00-10:45	
22		23		24		25		26	
Exercises 10:15-10:45		Foot Clinic 9:00-12:00		Crafts 10:15-11:00		DM Arts Center with Seniors 10:00-11:00		Bingo 10:00-10:45	
29		30		Daily : Cards Games Coloring Puzzles Walking Wii Bowling					
Exercises 10:15-10:45									

